
Personal, Social, Health & Citizenship Education Curriculum



Intent:

At Copnor Primary School, we strongly believe PSHCE (made up of PSHE and Citizenship) is an essential area of the curriculum, integral to our children's wellbeing, achievement and development as **global citizens** in a multicultural society. We aim to equip our children with the knowledge, understanding and skills they need to manage their lives, now and in the future. Our PSHCE curriculum has been designed for the needs of our pupils in order to develop the qualities and attributes they need to thrive as individuals, family members and members of their **local community**, diverse society and the wider world. Using the PSHE Association's Programme of Study and MyHappymind, we have developed a comprehensive and inclusive curriculum which supports and embeds our school's **HARMONY** and **SMSC Values**.

We encourage the children to be critical thinkers and to ask perceptive questions to enable them to make informed choices, identify bias and inequality and to keep themselves healthy and safe. We want the children we teach to leave Copnor as confident, self-aware, active **global citizens** with an acute sense of social justice, a love for the natural world and a desire to look after and protect the **environment**. We believe PSHCE allows the children we teach to have the opportunity to share and form opinions, develop essential communication

skills, be reflective and develop empathy in a safe and encouraging learning environment. We also know that PSHCE helps pupils to achieve their academic potential. There is a proven link between pupils' health and wellbeing and their academic progress.

At Copnor Primary School, we believe **every child** has the right to achieve. We believe the teaching of PSHCE plays a fundamental role in achieving our vision 'Knowing Every Child - Inspiring Every Mind – Achieving Every Day' and is key to encouraging **life-long learners**. Although, PSHCE is not identified as a statutory subject by the government, large parts of our PSHCE curriculum such as, Families; Friendships; Staying safe; Mental wellbeing; Internet safety; Physical health; Healthy eating; Growing and Changing; Keeping Active; Substances; Health and Hygiene and Relationships, Puberty and Reproduction, are identified as statutory under the government's latest guidance, '**Relationships Education, Relationships and Sex Education (RSE) and Health Education**' (Crown copyright 2019.)

Implementation:

Our pupils receive discrete, engaging PSHCE lessons. We use the PSHE Association's Programme Builder: Cross Phase model supported by weekly MyHappyMind sessions. The regular, planned units of learning are carefully developed, using a spiral approach. The spiral approach revisits themes throughout the school gradually extending thinking, expanding knowledge and developing skills. Prior learning is returned to in order to progressively build skills, knowledge, attitudes and attributes over the children's seven years at Copnor.

Our balanced, **empowering** and positive PSHCE curriculum is taught through a variety of relevant life contexts. There are three core themes: *Health and Wellbeing; Relationships and Living in the Wider World*. Each year group has six units of study which all fall under at least one of the three core themes. These units take place across the school and throughout the year to ensure regular teaching of PSHCE in every year group.

Units of study across the PSHCE curriculum:

EYFS

- Self Regulation: Understanding feelings, setting and working towards goals and developing communication skills in order to listen and respond appropriately.
- Managing self: Developing independence and resilience, understanding the need for rules and attempting to follow them and meeting their own hygiene and personal needs.
- Building relationships: Working cooperatively, forming positive attachments and showing sensitivity.

KS1 and KS2

- Health and Wellbeing: Keeping safe, understanding and caring for themselves including their mental wellbeing and living a healthy lifestyle.
- Living in the Wider World: Considering the lives of others and the environment around them and preparing to live life as a future citizen.
- Relationships: Understanding families, establishing and maintaining friendships and communicating effectively with others.

Where possible, our PSHCE curriculum is also enriched through planned whole school events such as Anti-Bullying Week and Children's Mental Health Week. In addition to this, we also plan for visitors to enhance the children's' learning across the PSHCE curriculum. For example: Year 5 participate in the Bikeability scheme and EYFS have a visit from a dental specialist to educate them on dental hygiene.

Our whole school assemblies often develop core themes from our PSHCE curriculum in order to embed prior learning. As educators, we are constantly adapting our curriculum to ensure that it is inclusive, so all our pupils feel represented, valued and have a sense of belonging.

PSHCE forms part of our school's pastoral care and support for pupils. However, when children need bespoke support they may receive this from our Social and Emotional Wellbeing team.

Impact:

When pupils leave Copnor Primary School, their learning in PSHCE will have equipped them with key skills, knowledge, attitudes and attributes in order to be confident, active, critical **global citizens** and **life-long learners**. They will appreciate and acknowledge their self-worth and the contributions they can make as individuals in their local community, society and the wider world. Our pupils will have a strong sense of **respect** for and value diversity within our communities in Britain and worldwide. They will be able to make informed choices using their critical thinking skills and will know who to go to and how to seek help when needed in order to keep themselves safe and healthy. Our school's unique concept of **HARMONY** behaviours will have helped to foster independent, collaborative, respectful, honest, motivated and **resilient** learners. Our hope is that our pupils will leave us having developed a moral compass, which will guide them through life and help them to build positive relationships and achieve their hopes and dreams.

"Education is the great engine of personal development."
Nelson Mandela